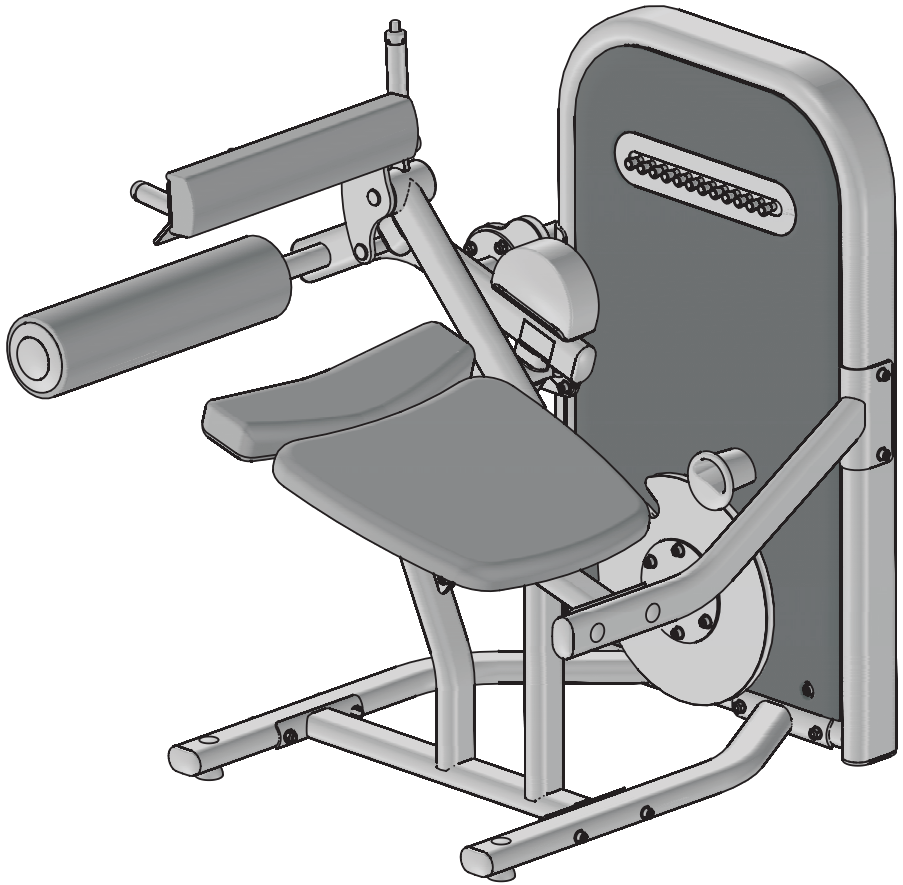
Seated Leg Curl

Assembly Instructions



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Seated Leg Curl
Assembly Instructions

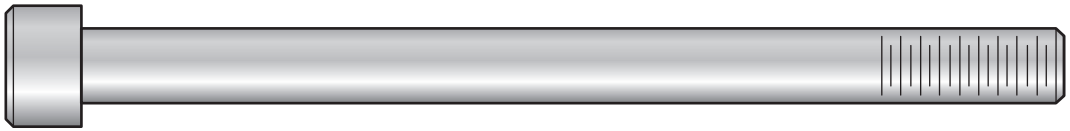
Item	Qty	Description	Part Number
1	1	Front Brace	80176XX
2	1	Rear Brace	80175XX
3	1	Tower	79854XX
4	4	M10 x 130mm Bolt	3251720
5	67	3/8" Flat Washer	3102514
6	22	M10 Nylock Nut	3242002
7	1	Seat Frame	80211XX
8	6	M10 x 90mm Bolt	3251715
9	1	Top Brace	80214XX
10	3	M10 x 35mm Bolt	3251704
11	3	M10 x 70mm Bolt	3251711
12	1	Main Pivot Bracket	80078XX
13	1	Tower Support Plate	80089XX
14	2	M10 x 75mm Bolt	3251712
15	1	Output Cam	7998601
16	1	Output Plate	7998495
17	1	Output Ring	7998895
18	6	M10 x 45mm Bolt	3251706
19	1	Rear Shroud	8024804
20	1	Front Shroud	8024704
21	4	M10 x 20mm Bolt	3251701
22	10	M10 x 25mm Bolt	3251702
23	3	Plate	7322301
24	1	Cam Guard	8013201
25	2	M5 x 10mm Phillips Screw	3239101
26	1	Knee Support	80218XX
27	7	M10 x 30mm Bolt	3251703

Item	Qty	Description	Part Number
28	1	Long Spacer	7511503
29	2	Bearing	3243201
30	1	Work Arm	80215XX
31	1	Bearing Housing Cap	7922701
32	1	Counter Weight	8008801
33	1	Medium Spacer	7330006
34	2	Bearing	3235601
35	1	Short Spacer	7330001
36	1	Knee Handles	80217XX
37	1	M10 x 25mm Hex Bolt	3251202
38	2	Bearing Housing Cap	7308701
39	1	Knee Pad	74707XX
40	1	Seat Pad Lead Edge	77678XX
41	1	Seat Pad	74015XX
42	1	Shaft Collar	7357901
43	1	Roller Pad	73928XX
44	1	Cable	8021601
45	1	Cable Retaining Plate	8001801
46	2	Hex Jam Nut	3247502
47	1	Output Cam Cover Plate	7998995
48	1	Fender Washer	3236701
49	1	1 1/2" Endcap	3119306
50	1	Pad Support Plate	8031201
51	2	Leveling Shim	7893101
52	4	1" Hole Plug	3237403
53	1	Multi-language Label	8047101

Tools Required:

- 17mm Wrench
- Metric Allen Wrench Set
- Ratchet with 17mm Socket
- Rubber Mallet
- Ratchet Extension
- Phillips Screwdriver

4)



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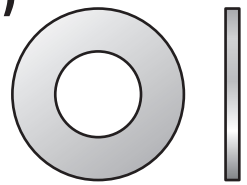

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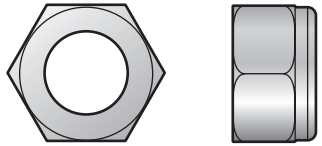

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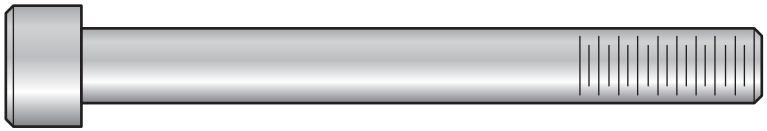

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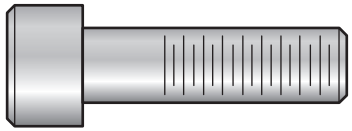

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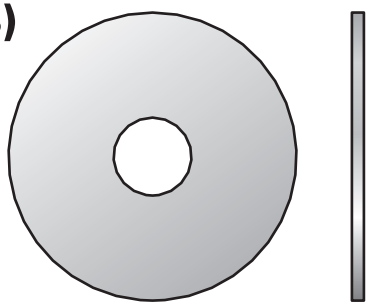

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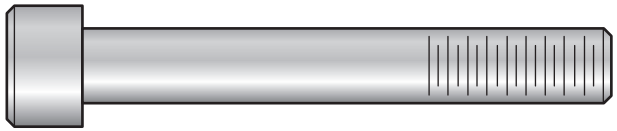

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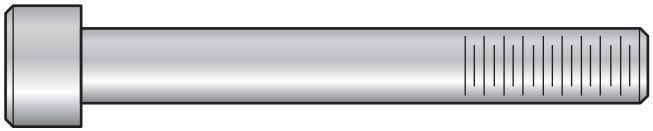

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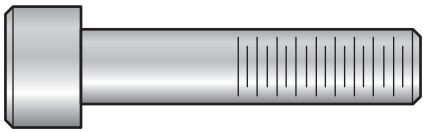

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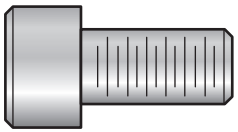

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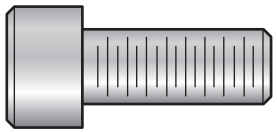

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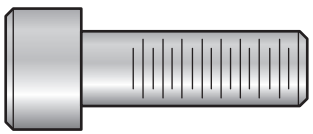

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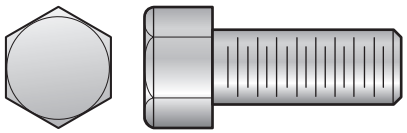

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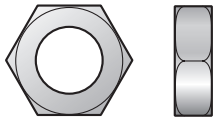

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Seated Leg Curl
Assembly Instructions

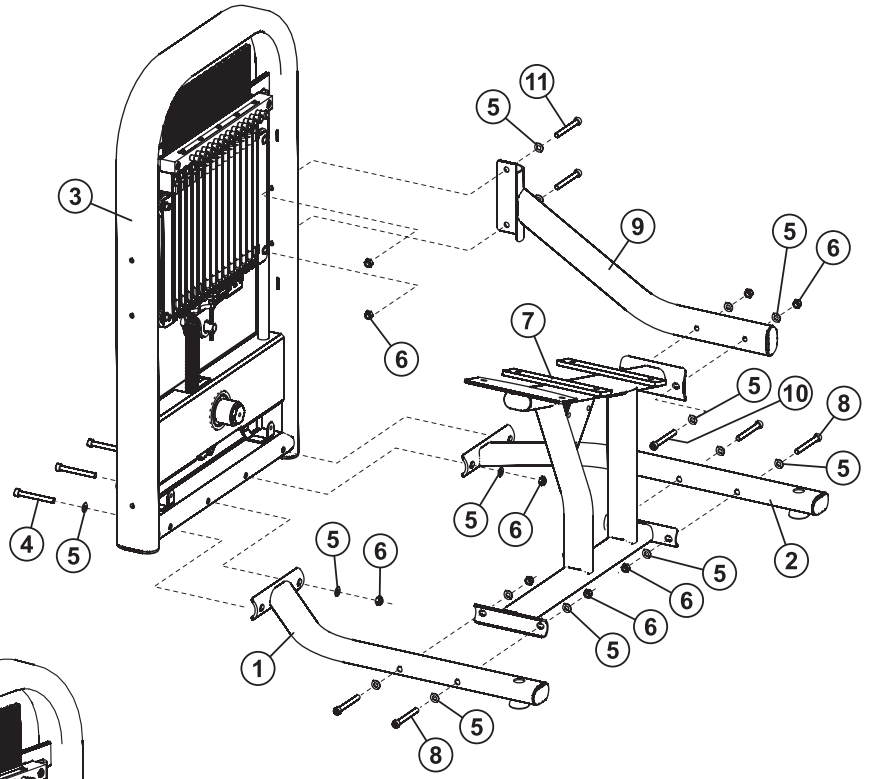
1. LOOSELY assemble the FRONT BRACE (1) and REAR BRACE (2) to the TOWER (3) using four M10 X 130mm BOLTS (4), eight 3/8" SAE WASHERS (5) and four M10 NYLOCK NUTS (6) as shown.

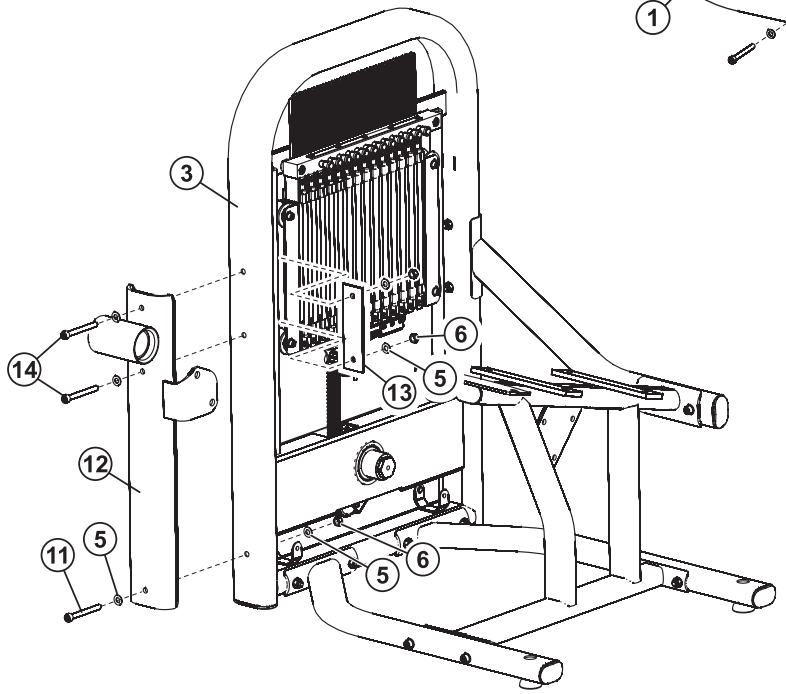
2. LOOSELY assemble the SEAT FRAME (7) to the FRONT BRACE (1) and REAR BRACE (2) using four M10 X 90mm BOLTS (8), eight 3/8" SAE WASHERS (5) and four M10 NYLOCK NUTS (6) as shown.

3. LOOSELY assemble the TOP BRACE (9) to the SEAT FRAME (7) and TOWER (3) using two M10 X 35mm BOLTS (10), four 3/8" SAE WASHERS (5) and two M10 NYLOCK NUTS (6) at the SEAT FRAME and two M10 X 70mm BOLTS (11), four 3/8" SAE WASHERS (5) and two M10 NYLOCK NUTS (6) at the TOWER as shown.

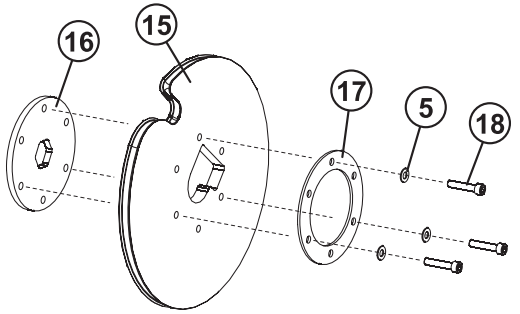
4. Tighten all BOLTS and NUTS securely.

5 Assemble the MAIN PIVOT BRACKET (12) to the TOWER (3) using one TOWER SUPPORT PLATE (13) (as shown), two M10 X 75mm BOLTS (14), four 3/8" SAE WASHERS (5) and two M10 NYLOCK NUTS (6) at the top of the MAIN PIVOT BRACKET. Use one M10 X 70mm BOLT (11), two 3/8" SAE WASHERS (5) and one M10 NYLOCK NUTS (6) at the bottom of the MAIN PIVOT BRACKET. Tighten the BOLTS and NUTS securely.





6. Assemble the OUTPUT CAM (15), OUTPUT PLATE (16), and OUTPUT RING (17) using three M10 X 45mm BOLTS (18) and three 3/8" SAE WASHERS (5) as shown. Tighten the BOLTS securely.

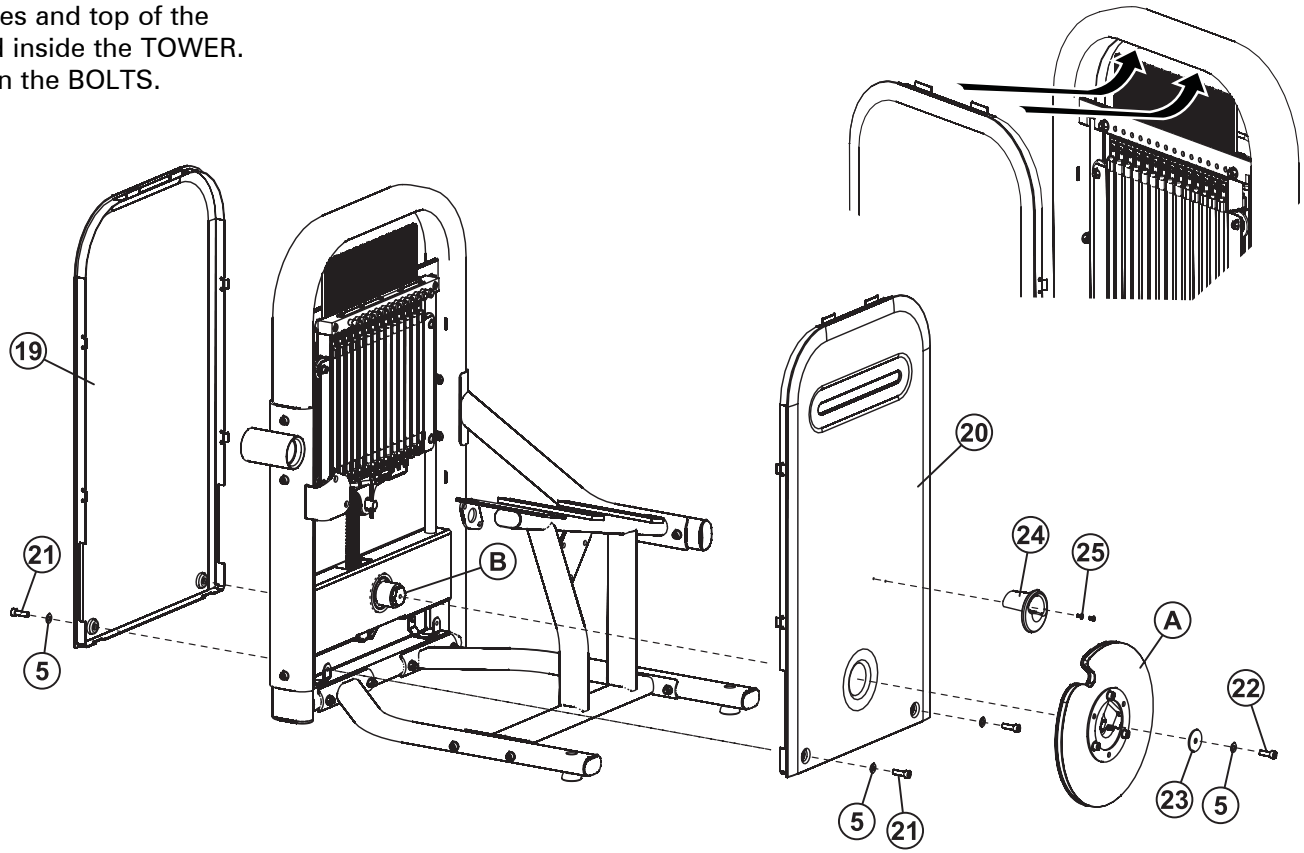


7. Assemble the REAR SHROUD (19) and FRONT SHROUD (20) to the TOWER (3) using four M10 X 20mm BOLTS (21), four 3/8" SAE WASHERS (5) as shown. Be sure all tabs along the sides and top of the SHROUDS are fully engaged in the slots located inside the TOWER. Tighten the BOLTS securely. Do not over-tighten the BOLTS.

8. Secure the OUTPUT CAM ASSEMBLY (A) to the TOWER AXLE (B) using one M10 X 25mm BOLTS (22), one 3/8" SAE WASHERS (5) and one PLATE (23) as shown. Tighten the BOLT securely.

IMPORTANT: Be sure the OUTPUT CAM ASSEMBLY is oriented as shown before securing it to the TOWER HUB.

9. Attach the CAM GUARD (24) to the FRONT SHROUD (20) using two M5 X 10mm PHILLIPS SCREWS (25). Tighten the SCREWS securely. Do not overtighten the SCREWS.



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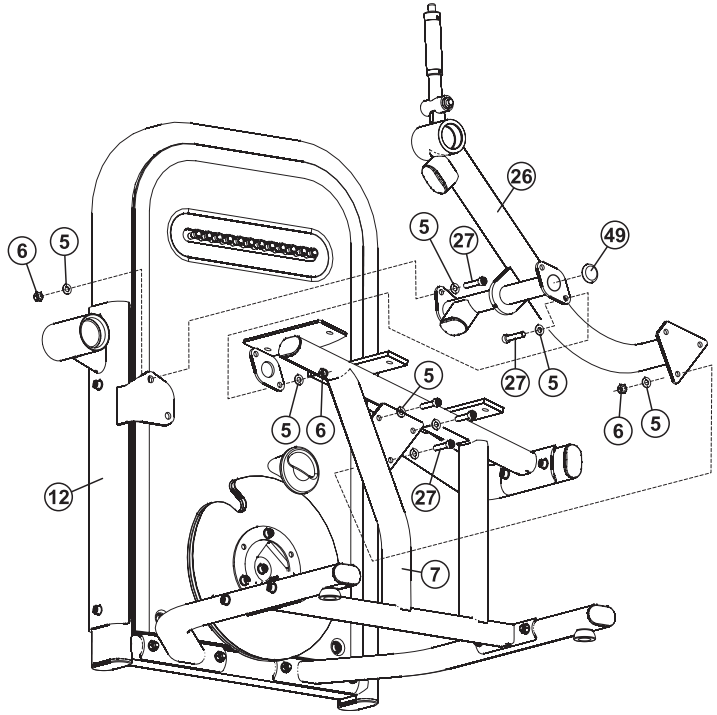
10. Attach the KNEE SUPPORT (26) to the MAIN PIVOT BRACKET (12) and SEAT FRAME (7) using seven M10 X 30mm BOLTS (27), fourteen 3/8" SAE WASHERS (5) and seven M10 NYLOCK NUTS (6) as shown. Tighten the BOLT and NUTS securely.

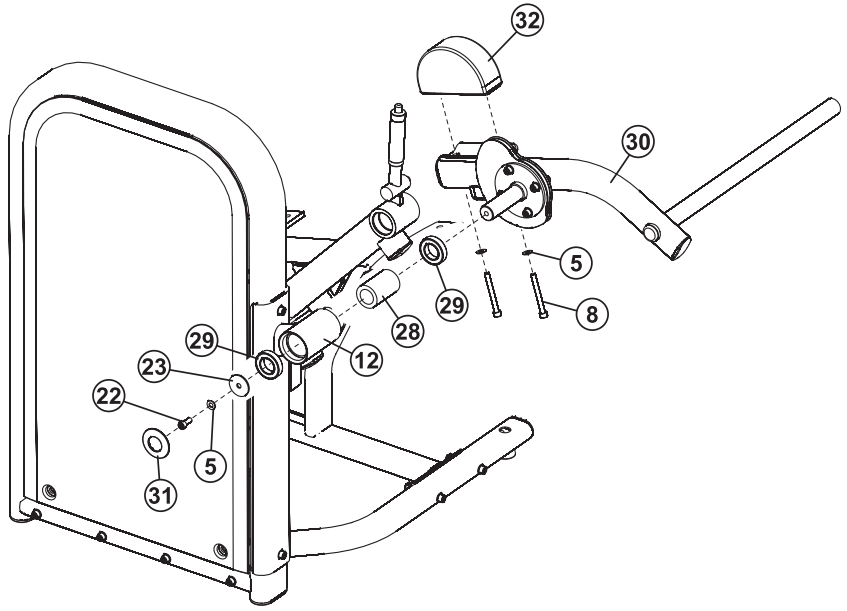
Insert the KNEE SUPPORT ENDCAP (49).



11. Insert the LONG SPACER (28) and two BEARINGS (29) into the MAIN PIVOT BRACKET (12) as shown. Carefully insert the WORKARM (30) into the MAIN PIVOT BRACKET and secure it with one M10 X 25mm BOLT (22), one 3/8" SAE WASHER (5) and one PLATE (23). Tighten the BOLT securely.

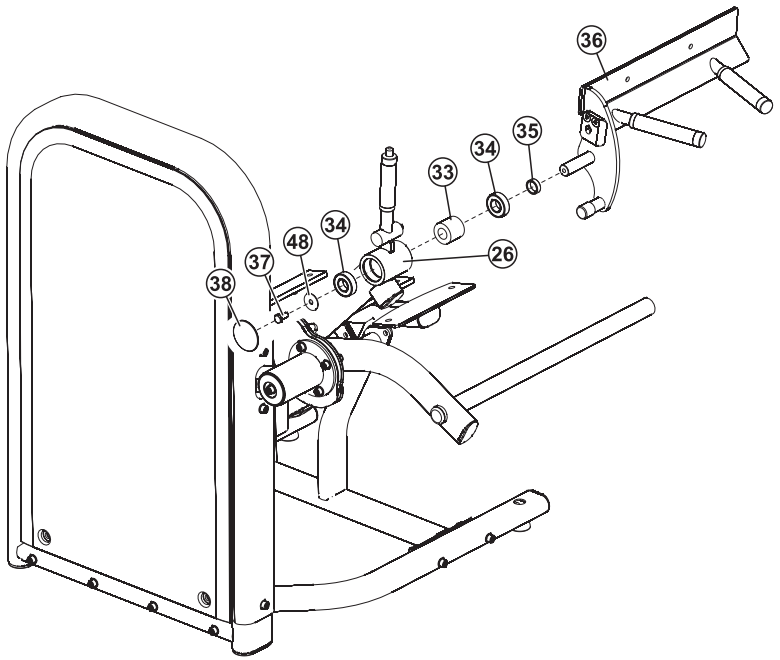
Insert the BEARING HOUSING CAP (31) as shown.

12. Attach the COUNTER WEIGHT (32) to the WORKARM (30) using two M10 X 90mm BOLTS (8) and two 3/8" SAE WASHERS (5). Tighten the BOLTS securely.



13. Insert the MEDIUM SPACER (33), two BEARINGS (34) and one SHORT SPACER (35) into the KNEE SUPPORT (26) as shown. Carefully insert the KNEE HANDLES (36) into the KNEE SUPPORT and secure it with one M10 X 25mm HEX BOLT (37) and one FENDER WASHER (48). Tighten the BOLT securely.

Insert the BEARING HOUSING CAP (38) as shown.



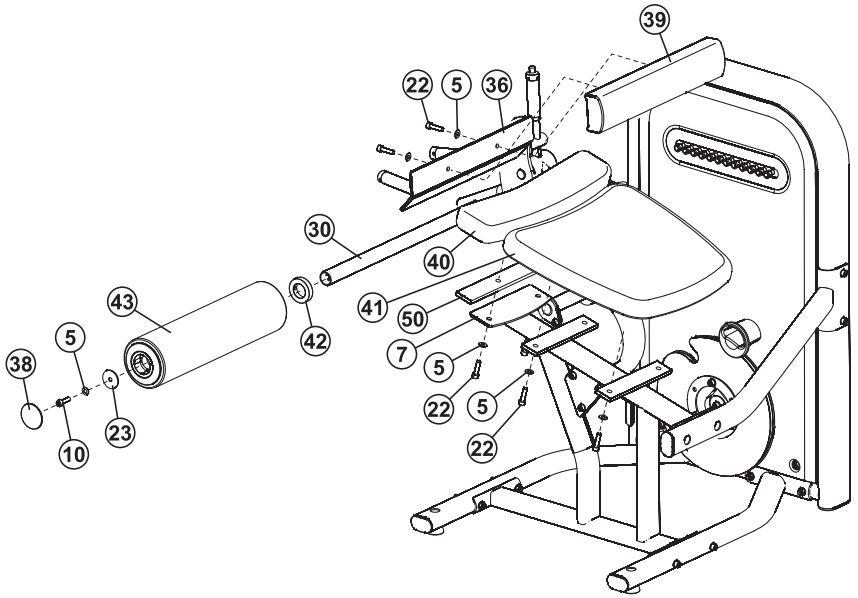
14. Attach the KNEE PAD (39) to the KNEE HANDLES (36) using two M10 X 25mm BOLTS (22) and two 3/8" SAE WASHERS (5). Tighten the BOLTS securely.

15. Attach the PAD SUPPORT PLATE (50), SEAT PAD LEAD EDGE (40) and SEAT PAD (41) to the SEAT FRAME (7) using six M10 X 25mm BOLTS (22) and six 3/8" SAE WASHERS (5). Tighten the BOLTS securely.

16. Slide the SHAFT COLLAR (42) over the long shaft of the WORKARM (29). Slide the ROLLER PAD (43) over the long shaft of the WORKARM in similar fashion. Install one M10 X 35mm BOLT (10), one 3/8" SAE WASHERS (5) and one PLATE (23) to the end of the long shaft of the WORKARM as shown. Tighten the BOLT securely.

Slide the SHAFT COLLAR against the ROLLER PAD and tighten the set screw securely.

Insert the BEARING HOUSING CAP (38) onto the end of the ROLLER PAD as shown.



Seated Leg Curl
Assembly Instructions

NOTE: Some components have been removed from the illustration for clarity.

17. Insert one end of the CABLE (44) into the cam of the WORKARM (29). Thread the cable approximately 1/2 inch into the cam.

Route the CABLE beneath the CAM GUARD (24) and around the OUTPUT CAM ASSEMBLY (A). Insert the remaining end of the CABLE through the inner hole of the OUTPUT CAM ASSEMBLY.

Insert the CABLE RETAINING PLATE (45) over the end of the CABLE. Install two HEX JAM NUTS (46) to the end of the CABLE.

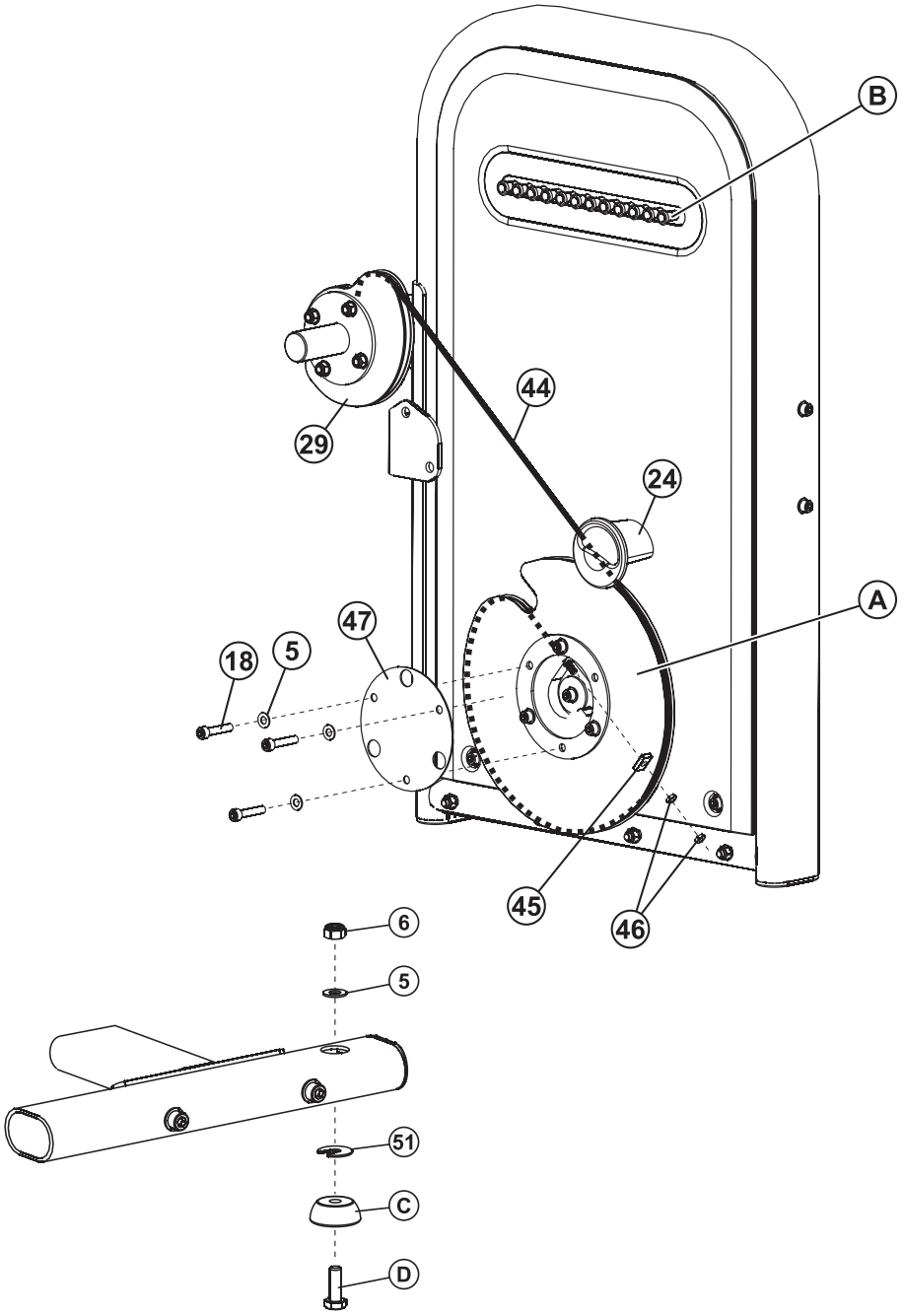
Tighten the HEX JAM NUTS until the WORKARM begins to move and all PUSH PINS (B) still move in and out freely. Be sure the HEX JAM NUTS are tight against each other.

18. Attach the OUTPUT CAM COVER PLATE (47) to the OUTPUT CAM ASSEMBLY (A) using three M10 X 45mm BOLTS (18) and three 3/8" SAE WASHERS (5).

19. Place the unit in the intended place for use and check stability. If the unit is not stable, the FEET (C) can be adjusted by inserting or removing supplied SHIMS (51).

To add or remove SHIMS, loosen the LEVELING FOOT BOLT (D) and NUT (6) until the desired SHIM(S) can be inserted or removed. Lightly tighten the BOLT and NUT. Do not over-tighten the BOLTS.

20. Install HOLE PLUGS in all open bolt holes.



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